

# The Sky Line Trail

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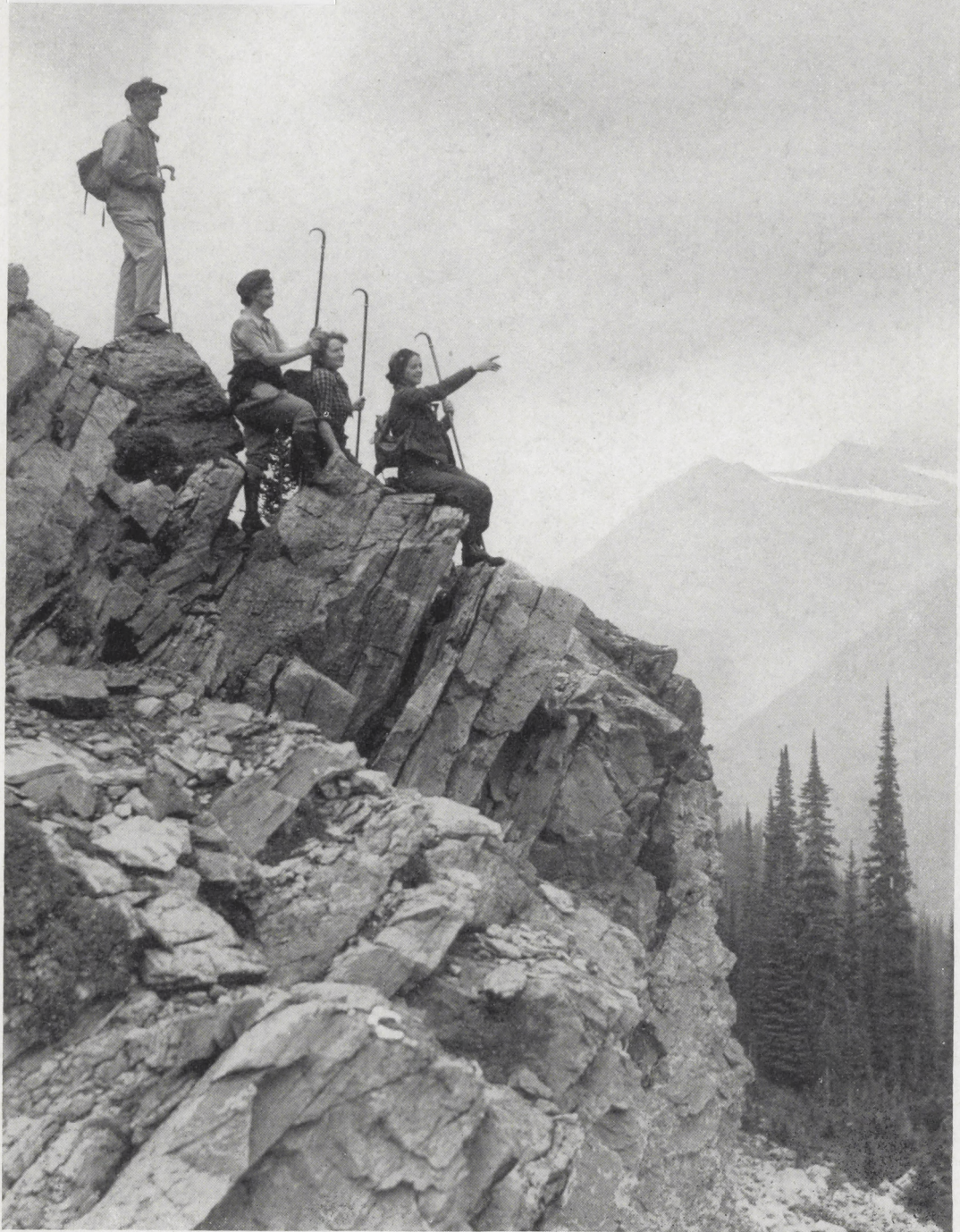


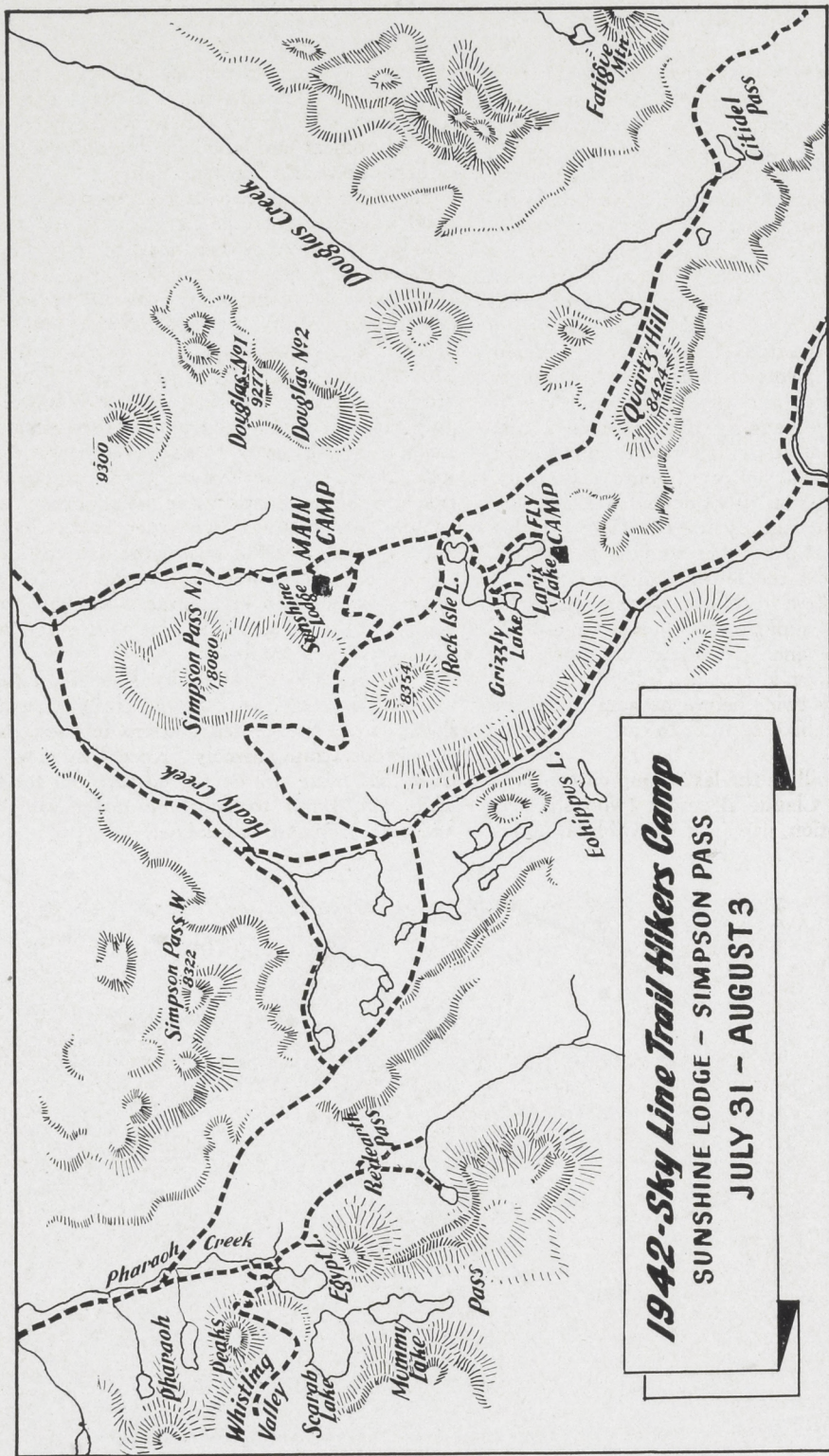
Photo by Armand Lafrenière

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Revised location of Camp for 1942. The Main Camp will be at Sunshine Lodge for the first thirty who send in their applications. Supplementary tents if required will be provided close to the Lodge in Sunshine Valley. A supplementary Fly Camp will be set up for the convenience of those who want to fish at Larix Lake, for which there may be a nominal charge of \$1. extra per night. Otherwise the rate will be \$20.00, including conveyance of duff from Banff to the Lodge and return, meals (2 on Friday, July 31st, and three on each of the succeeding days). Hikes will be under experienced leaders. A number of those who attend are well posted on the fauna and flora of this area. Fly fishing in Larix Lake is excellent. The lake is outside the Banff National Park and is in the Province of British Columbia which charges non-resident anglers a license fee of \$1.00 per day, or \$5.00 for the season.



## *Change In Sky Line Camp Site*

### **Sunshine Lodge will be our Home in 1942**

Since our last bulletin (No. 33) was issued, restrictions have been made in regard to the use of gasoline and rubber tires for any except essential travel, so that our Trail Committee has had to reconsider the original location of the Sky Line Trail Camp at Larix Lake. We had counted on being able to make the first five miles by bus, which would have reduced the first day's hike to twelve miles, but buses for this purpose are apparently ruled out. A number of alternative suggestions have been considered, but a unanimous vote of approval has been given by the Executive and the Trail Committee to accept the offer made by Jim Brewster to take care of thirty of our party at Sunshine Lodge, the idea being that we could house any surplus in tepees or tents on an adjoining site, and have a fly camp, particularly for the fishing enthusiasts, at Larix Lake. The trout in these parts have maintained the family tradition, said to be about a million years old, of rising early for breakfast and supping at twilight, and those fishermen who ignore this habit are apt to be out of luck. Even so ardent a fisherman as Carl Rungius thinks twice before he goes for a two and a half mile hike in order to cast a fly before breakfast.

Larix Lake will be the last Camp on the Trail Ride, so that Claude Brewster (who shied at another suggestion, namely Lake O'Hara, on the

ground that he could not get his horses there in time to put up a new camp so soon after the Trail Ride into Banff) can leave the necessary tent equipment and labour on the way out, both at Larix Lake and Sunshine Valley.

Sunshine Lodge as a centre gives us just as good a hiking centre as Larix Lake, and those who have a corner in their heart for soft drinks, supplementing the superabundant fare which we shall undoubtedly get at the Lodge, will probably be able to get them, but of course at a price.

As for the general rate, this will be, as usual, \$20.00 for the four days (July 31st to August 3rd) — excluding breakfast on Friday morning, July 31st. The mileage from Banff to Sunshine Lodge is said by some to be 14 miles, but some less. Some may be lucky enough to borrow a ride on a private car as far as the Sundance trail, while others at their own expense can ride on horseback part of the way without losing face, or even ride a bicycle if they can borrow it, but there is no margin of allowance for such conveyance in our rate which the Treasurer tells the Secretary is too low.

Those who go on this Sky Line Trail Hike will be carrying out the generally accepted slogan of all the United Nations in these days of nervous strain, namely "Keep Fit." So we trust that there will be a good turn out for the trail from Banff to Sunshine Lodge and the Simpson Summit this Summer.



Photo by Sydney R. Vallance.

*Rock Island Lake looking west. Larix Lake is below and beyond the hill on the left.*



## Our President Tries Out Simpson Summit

Following our Sky Line Camp last year, our new President Sydney R. Vallance spent some time hiking over the trails in the vicinity of Sunshine Valley and Larix Lake, as this territory had been suggested for the location of our Camp in 1942. The following are extracts from his report of one week-end.

"Larix Lake is one of three. It is the most beautiful of the three, for as its name implies it lies among the larches, (*Larix Lyelli*). Its grassy banks are flower-strewn and its waters are exquisitely coloured. At its southern end is an ideal campsite. There is an abundance of fish in this and in Rock Island Lake.

Rock Island Lake has no outlet visible from the Lake itself, but some 50 yards below, water comes from beneath the rocks, forming a little pool which gives rise to a miniature cascade amidst a lovely alpine rock garden. The little stream is beautified as it descends by bright clumps of moss on either side. It is joined below by the outlet from Larix Lake and continues down to Grizzly Lake whose outlet is a waterfall over a cliff into the deep valley below, flowing on to the Simpson River.

On the Saturday afternoon we left Sunshine Lodge at 1:30, following the trail to Rock Island Lake, then leaving Larix and Grizzly Lakes below us to our left, walked over gently rising slopes to a ridge terminating in two humps to the north known as the Twin Cairns. From the cairns we walked along the broad ridge, loitering along the way, until we were directly above Grizzly Lake.

From this Ridge looking to the West and North we could see beyond Redearth Pass to Pharaoh Peaks and Mt. Ball. Below us was the Simpson Ridge and directly opposite the Monarch with Lake Eohippus at its base.

After a delightful hour we descended, skirting the Lakes and so back to the Lodge in time for dinner.

On the Sunday we left the Lodge at 9:30 a.m. retraced our steps to Rock Island Lake, then turned South along the shore and on up gentle hills beyond until, leaving the grassy up-lands we came to the great fallen blocks of quartz that identified Quartz Hill. A short easy scramble over these rocks brought us to the summit. Three very excited marmots lined up on the top of one rock and in marmot language told us they were there first and we'd better go back, but we told them we were nothing compared to what they would probably see next year. Then several little pikas shouted hurray, and the sun came out for a minute or two and we had a jolly time on top. The panorama in every direction

was wonderful. We could look over the whole expanse of rolling alplands from Sunshine to Citadel Pass. Below us was the Simpson River, first coming from the South-East along the fire-devastated Desolation Valley then suddenly turning to the South-West into a valley from the sharp line where the fire had stopped. We descended to Larix Lake, lunched among the larches at the Camp Site and then followed the stream to Grizzly Lake. This also is a beautiful Lake of varying shades of green, and here we came upon a magnificent bull moose with a fine pair of antlers. We were able to get within 25 yards and photograph him. After a full and delightful day we were back at the Lodge at 5:30 p.m.

At the beginning of August and favoured with fine weather the whole region must be glorious. It is truly sky-line terrain. There is the greatest profusion of alpine flowers — moss campion, dryas, saxifrage, anemones, asters, paintbrush.

Here is a grand expanse of upland over which one can wander in any direction without regard to trails, and find delight. And yet there are more ambitious expeditions available — across the valley over Redearth Pass to Egypt Lake and back would make a memorable day.

Larix Lake is surrounded by as fine a collection of Larches as can be seen anywhere. The rocks about these Lakes and Ridges bear many lovely rock gardens, fishing is excellent, and there are walks and expeditions to meet every taste."



*Vivian Leigh's (Scarlet O'Hara) daughter Suzanne with Beverley Baxter's daughter Merileah skiing on Simpson Summit near Sunshine Lodge.*



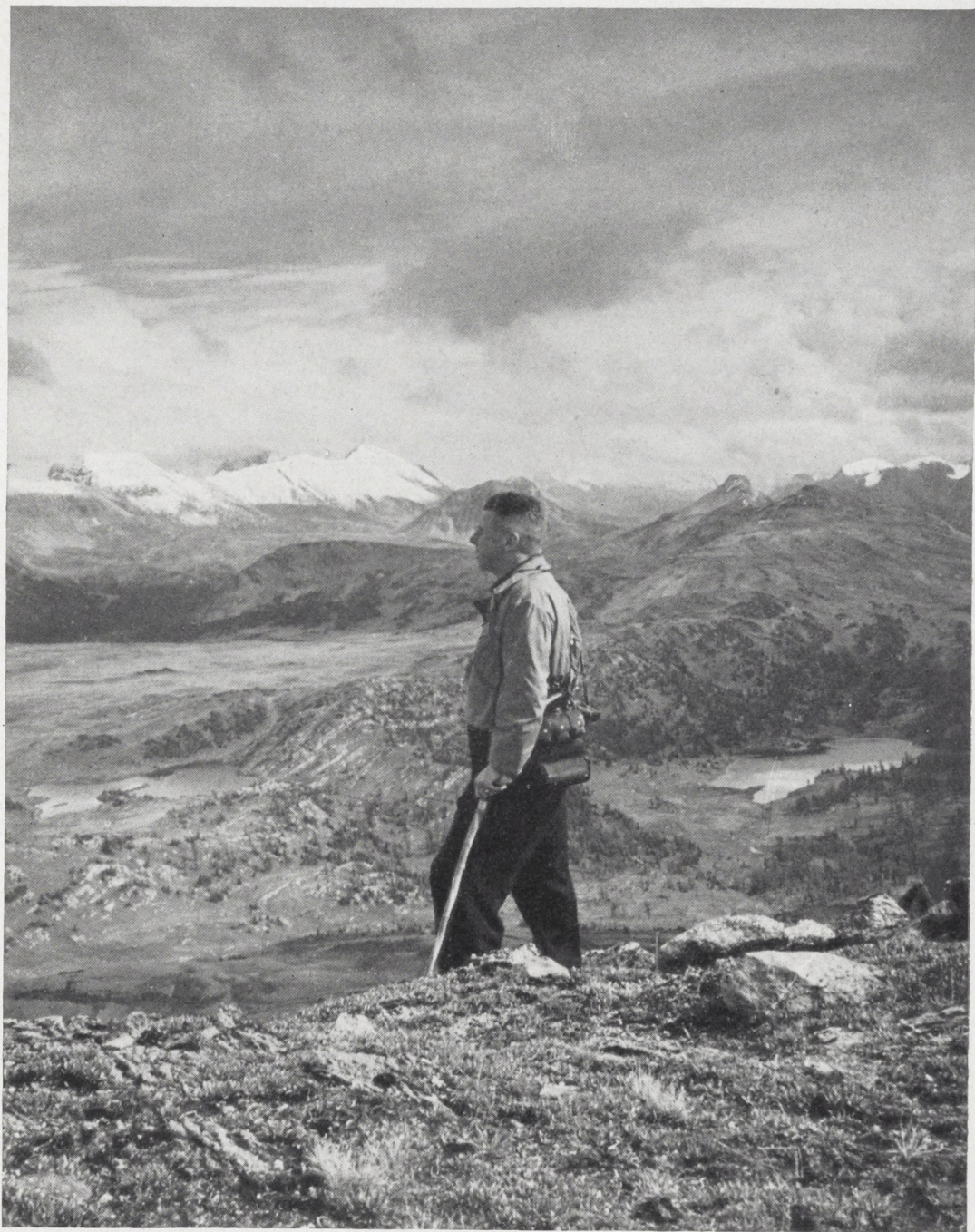


Photo by R. B. Rushworth.

#### *HIKING ON TWIN CAIRNS RIDGE*

*Larix Lake is seen on the right, and Rock Island Lake on the left. Quartz Hill is in the background at the right.*



# *The Photographs of the Skyline*

(So many of those who heard the talk given by the Rev. Ruth Conant at Castle Mountain Camp last year have asked for the text that we have prevailed upon our good friend and fellow Trail Hiker to jot down as much of it as she could remember — and here it is.)

"We Sky Line Trail Hikers like to think of ourselves as in some sense pioneers. Not only do we re-discover old frontiers as "we follow the trails the Indians made," but we blaze for ourselves and our organization new trails of personal and social living by our manner of life in Sky Line Camp.

"Now in our time the most striking instance of pioneering is aviation. Beirne Lay, Jr., in his article in the magazine, *Fortune*, for March, 1941, says that the air pilot is a "man in a new role. In the literal sense, he has seen another world. He has learned to adapt himself to that world, to chart its laws and abide by them and to survive its hazards."

"It is a problem for all of us in the sphere of ordinary living to know how to adapt ourselves to our world, which is a world gone new and strange, with dangers, physical and moral, that we had never anticipated. For we must learn, like the airman, to chart the laws of our world and to abide by them, and thus ultimately to survive its hazards. We suspect, however, that in our Sky Line Hikers' organization we are steering fairly close to the principles on which this world is designed to be run. The give and take of our life in camp and on the trail, its simplicity and its disciplines, point to that spirit of cooperation with others and of intelligent denial of self which alone, we have come to believe, has power to build a new world.

"By the same token, the kind of people who are interested in a Sky Line Camp are the kind who ought logically to assume a real portion of responsibility in our time. This responsibility can best be illustrated by a story from another group of hikers. These hikers once found themselves, through an unexpected turn of events, caught on the edge of a dangerous cliff at night-fall. The guide prepared the party for the descent in two ways. He first placed himself at the head of the line, with a flashlight in each hand, one light pointing down the trail ahead, the other pointing back up the trail immediately behind, to light the steps of the person following. The guide then directed each member of the group to hold his flashlight pointing backward on the trail behind, to light the next person. "Why," asked someone, "don't you have us hold our flashlights pointing forward, to light our own

footsteps?" "Because," said the guide, "you will hold the light much more steadily and you will be much less likely to stumble, if you are thinking of guiding someone's else footsteps, than you would if you were thinking of your own."

"Mr. Lay also mentions in the article to which we have referred two characteristics which are the result of the experience of the aviator, and which, it would seem, should likewise be the by-product of the experience of the hiker. They are "a disciplined habit of relaxation" and "versatility and adaptability." Surely a Sky Line Trail Hikers' organization should help to cultivate in its members these two qualities which, perhaps more than any others, are needed for poised, effective living in our time."

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## **Youth Hostels Associations**

At last summer's Sky Line Trail Camp we had several members of the Youth Hostels Associations from Canada and the United States. Our President, Sydney R. Vallance, and Major W. J. Selby Walker are both on the National Executive of the Canadian Youth Hostels Association, which is growing in strength throughout Canada both East and West. In a recent issue of their Handbook Dr. H. J. Cody, President of the University of Toronto, gave such an excellent plea for hiking that we are reprinting an extract from it here.

1. The physical, mental and moral health of young people can profitably be developed by walking or cycling in the open air. Encouragement is given to go "hiking, biking and skiing" and to take part in vigorous outdoor activities.

2. These open air wanderings reveal the beauty and the natural history of the countryside and discover the historic sites of our past. Our history can be made to live again and yield its lessons to the present.

3. Young people of all classes may come to know one another in a comradeship of common exercise and common interest. The solidarity of the community is strengthened thereby.

4. Not only is the unity of our own country furthered by this common enterprise of youth, but the young people of one country journeying in another as part of this international association become messengers of peace, of mutual understanding and of national traditions. It is better to build bridges of international understanding than to dig ditches of separation and hatred.





Photo by R. B. Rushworth.

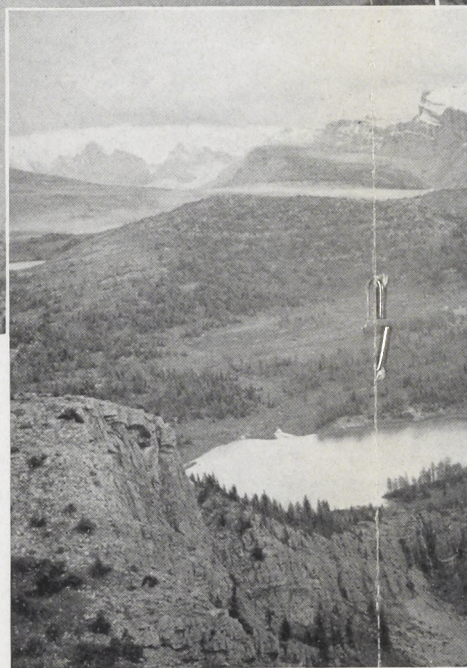
#### *LOOKING DOWN ON SUNSHINE LODGE*

*This will be our headquarters for the Skyline Trail Hikers of 1942. It is on the edge of Simpson Pass Summit, at the head of Sunshine Valley.*

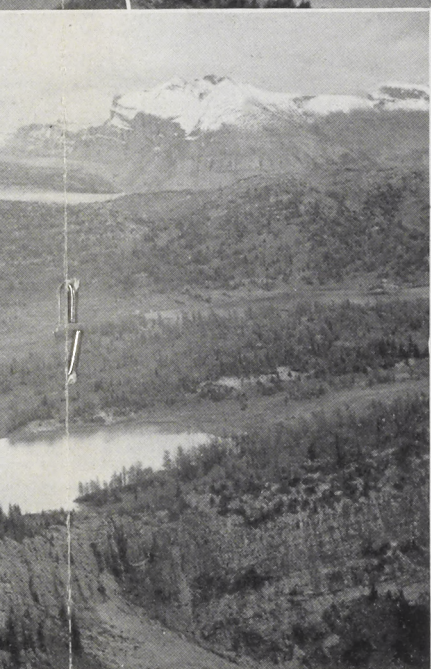




*Rock Island Lake and Simpson Summit.*







Photos by R. B. Rushworth.

*Larix Lake, looking South West.*

*Left — Grizzly Lake.*



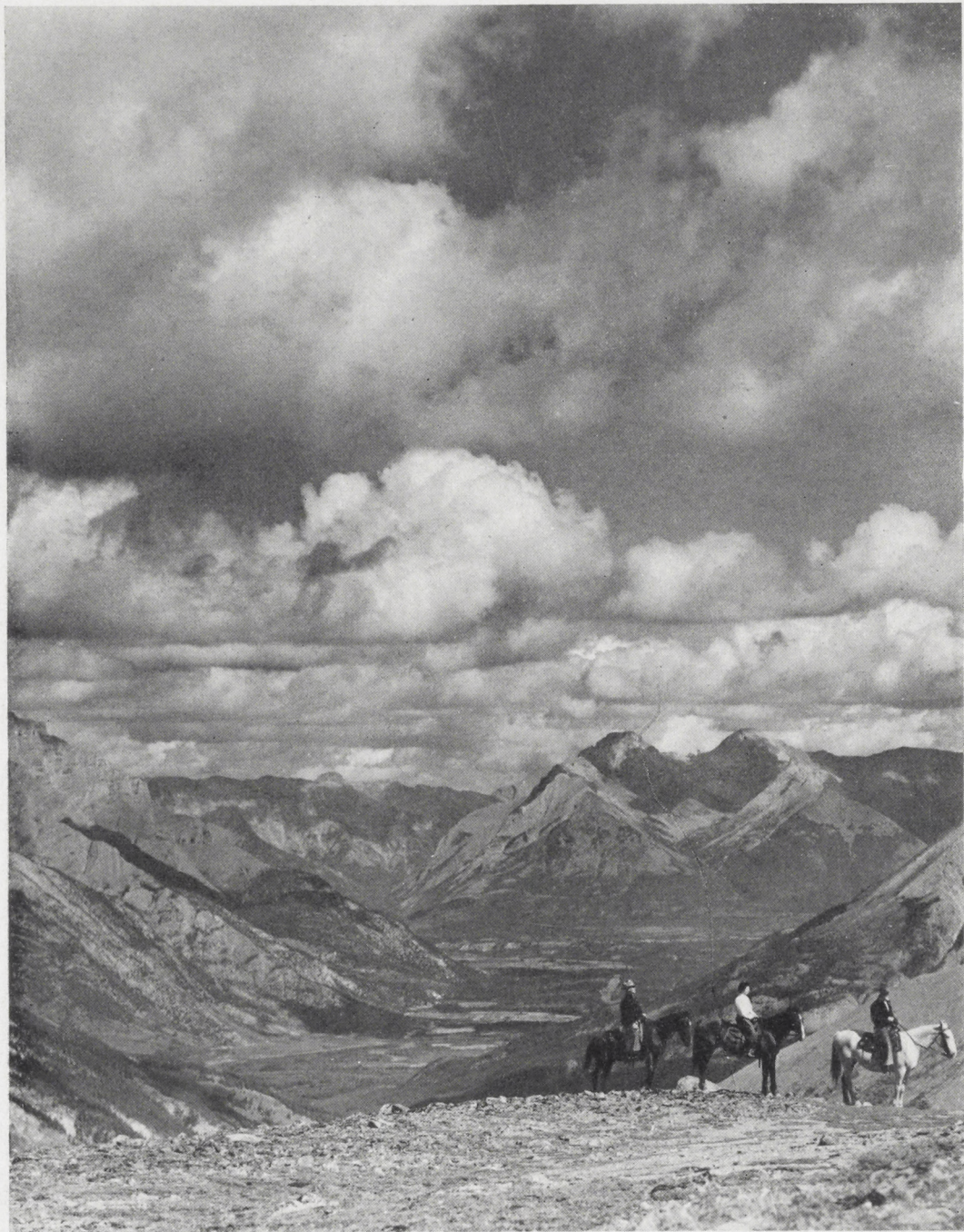


Photo by Nicholas Morant.

*Sunshine Valley seen from Simpson Summit.*





Photo by R. B. Rushworth

#### *VIEW FROM QUARTZ HILL*

*Larix Lake and Grizzly Lake in the foreground; Cairns Ridge in the middle background; Pharaoh Peaks dominating Egypt Lakes in the left distance.*





*The Banff National Park is a sanctuary for wild life and the animals know it. Dan McCowan sends these snapshots taken at odd times in his perambulations.*

*Top—Elk stags on the grounds of Banff Springs Hotel near the tennis courts.*

*Middle—The Black Bear is a confirmed camp follower.*

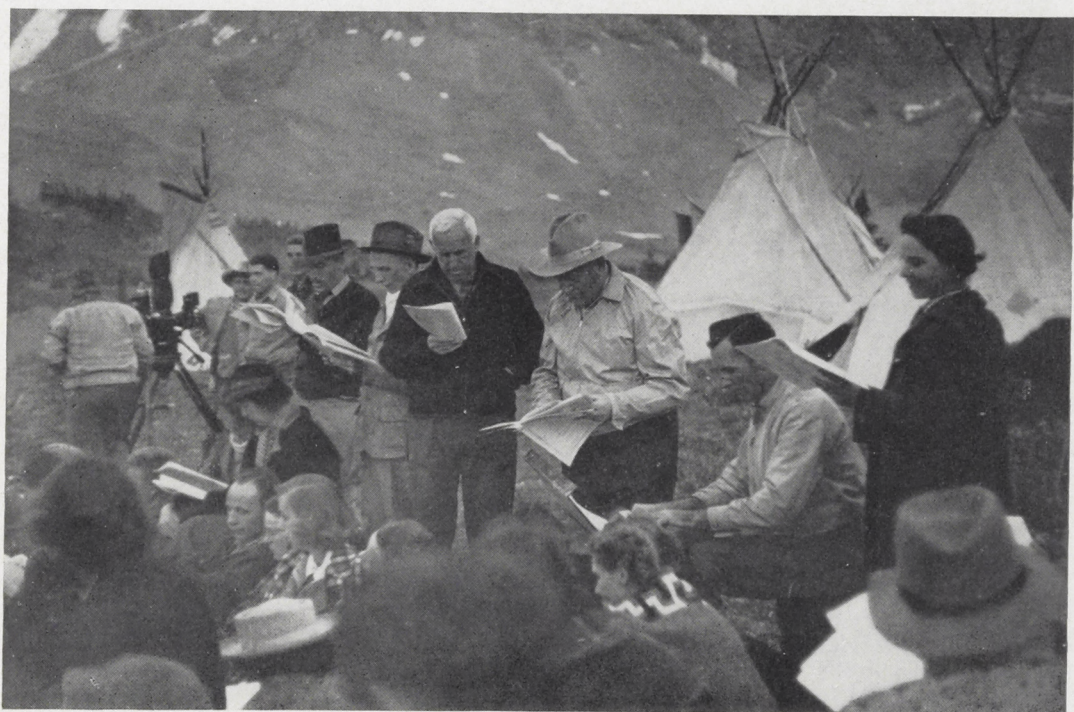
*Bottom—Big Horn sheep by the trail side.*







*Familiar faces at the camp fire on Skyline Trail Hikes. Mrs. Hamilton, Dr. Robert Gow, N. B. Sanson.*



*The Sing Song is the highlight of the evenings at the Skyline Trail Hikers Camp.*

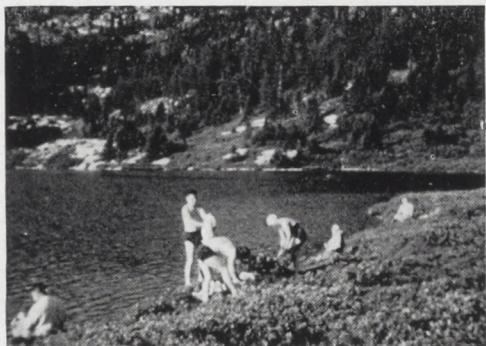


# Suggestions for Equipment for Sky Line Trail Hike

By Sydney R. Vallance

The question frequently asked by those who contemplate joining us on our annual outing, yet who have previously done little hiking in the mountains, is "what outfit do we need to take with us?" and because a little thought before hand may so increase the enjoyment of the outing, I will answer the question out of my own experience.

1. **BOOTS.** If your feet are not comfortable you cannot enjoy a hike. A good strong pair of boots is therefore the first essential. If you already have a pair of strong boots, have a few hob nails put in the soles. They can be taken out again for ordinary wear, but they will certainly add to the ease of walking in the hills. If you buy a new pair



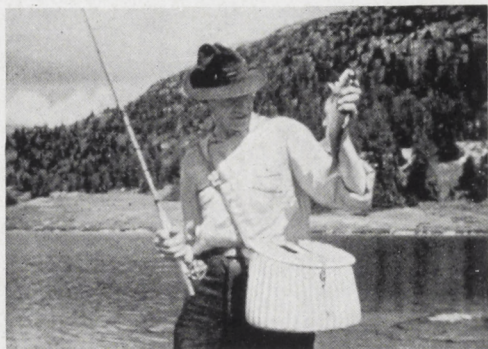
*The water is cool but not too cool for bathing in Larix Lake.*

especially for hiking, get them large enough to take two pairs of thick socks and wear them before going on the hike so that they will be "broken in".

In addition to your hiking boots, take a pair of light shoes or sneakers for a restful change.

2. **SOCKS.** If you wear two pairs of socks at once, take four pairs so that you can put a fresh set on each day. The most popular type is the thick grey wool sock.
3. **SHIRTS.** Take a thick woollen shirt if you have one and a thinner one of the Viyella type. These shirts can be had in all sorts of plaids and are colourful and comfortable.
4. **OUTER CLOTHING.** Breeches (not too tight at the knee), knickerbockers or ski pants are all suitable and Blue Jeans (ordinary overalls) are quite popular and very serviceable. Take a windbreaker and sweater and of course a water-proof in case of wet weather.

5. **SUNDRIES.** A hat with a brim for shade; a pair of sun glasses or an eye shade; a suit of long woollen underwear to wear at night, for the nights can be very cold; a neckerchief, matches, pocket knife, flashlight, string, toilet articles.



*Fishing is good at Larix and Rock Island.*

6. **BEDDING.** The ideal bedding is, a ground sheet, an air mattress and sleeping bag, but one can manage with blankets and a small pillow, and ordinary mattresses will be supplied at a charge of \$1.00.



*The catch you can look for.*

The whole can be contained in a ruck sack and Dunnage Bag and all dunnage is transported free of any extra charge.

Thus equipped, one will be ready for any emergency on a Sky Line Trail Hikers outing.  
S.R.V.

The above notes were written by Mr. Vallance before it was decided to make the arrangement to use Sunshine Lodge as our Main Camp. The rate of \$20.00 includes all the bedding required, though there may be a nominal extra charge of \$1.00 for bedding at the Fly Camp at Larix Lake.





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Whereas \_\_\_\_\_ has qualified for  
Life Membership under Section 6 of Article 6 of the By Laws which reads

*Members holding qualification of 50 miles and upwards  
may compound their paid and future dues by payment  
of \$10.00 which shall absolve them from further payment  
of annual dues, and include a Life Membership Certificate  
upon the additional payment of \$1.00 but shall not exempt them  
from special dues or assessments should such be considered necessary.*

This Certificate is granted to the above mentioned member who has fulfilled all the necessary conditions  
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The Life Membership Certificate for the Sky Line Trail Hikers designed by R. H. Palenske.



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Phillips, W. J., Calgary, Alta.  
Pollard, Harry, Calgary, Alta.  
Rabinowitz, Edwin X., Philadelphia, Pa.  
Reader, William R., Calgary, Alta.  
Reid, Douglas, Banff, Alta.  
Reid, Mrs. Charles, Banff, Alta.  
Rice, Wallace H., Kansas City, Mo.  
Rogers, Mrs. D. N., Southampton, England.  
Robinson, Mrs. J. Dean, Banff, Alta.  
Rolston, F. W., Hamilton, Ont.  
Rourke, Miss Shirley, Calgary, Alta.  
Rungius, Carl, Banff, Alta.  
Russell, Capt. E. N., Field, B.C.  
Sandman, Miss Ida, New York, N.Y.  
Sanson, N. B., Banff, Alta.  
Sanger, Miss Gladys, New York, N.Y.  
Sayers, Miss Molly, London, England.  
Sherwood, Dr. T. K., Boston, Mass.  
Shulman, Mr. L. W., Calgary, Alta.  
Sieburth, Mrs. Mary, Vancouver, B.C.  
Slane, Henry, Peoria, Ill.  
Sloper, Leslie A., Boston, Mass.  
Smith, Miss Adelaide, Montreal, Que.  
Somerville, Ian C., Willow Grove, Pa.  
Stevenson, Prof. O. J., Guelph, Ont.  
Stevenson, Mrs. O. J., Guelph, Ont.  
Strawbridge, Miss M. S., Montreal, Que.  
Struthers, Miss Betsy, Calgary, Alta.  
Sutherland, Miss Margaret, Calgary, Alta.  
Tiem, Dr. J. G., Philadelphia, Pa.  
Thomas, Miss D. M., Malvern, England  
Turbayne, Miss L., Banff, Alta.  
Vallance, Sydney R., Calgary, Alta.  
Vallance, Mrs. Sydney R., Calgary, Alta.  
Vallance, Miss Jean, Calgary, Alta.  
Vallance, Peter, Calgary, Alta.  
Vaux, Henry, Bryn Mawr, Pa.  
Venske, Miss Mildred, Minneapolis, Minn.  
Wade, Miss Eva, Edmonton, Alta.  
Walker, Major W. J. Selby, Calgary, Alta.  
Ward, J. R., Bronxville, N.Y.  
Ward, Mrs. Samuel, Banff, Alta.  
Ward, Samuel, Banff, Alta.  
Westinghouse, A., Saanichton, B.C.  
Wheeler, John O., Sidney, B.C.  
Wheeler, Col. E. O., Sidney, B.C.  
Wheeler, Mrs. E. O., Sidney, B.C.  
Wilde, Mrs. W. J., Northwood, Middlesex, England  
Wildner, Miss Emma N., La Crosse, Wis.  
Winn, Dr. A. R., Montreal, Que.  
Whitford, W. C., Evanston, Ill.  
Whyte, Miss Dorothy V., Lynn Creek, B.C.  
Wyatt, Miss Elva A., Chicago, Ill.  
Zillmer, Dr. Helen, Milwaukee, Wis.